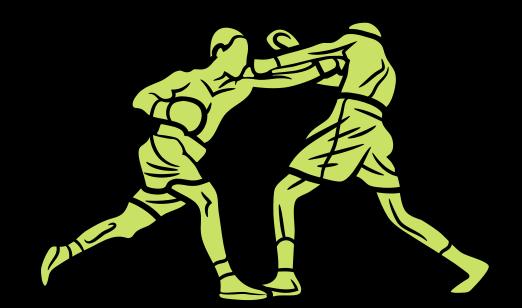
## **RECREATION & PARK SERVICES DEPARTMENT**

## NORWALK BOXING CLUB

AT THE NORWALK ARTS & SPORTS COMPLEX (13000 CLARKDALE AVE.)







## **YOUTH SCHEDULE (8-17 yrs)**

M-TH: 4 - 6:30 p.m.

F: 4 - 6 p.m.

SAT: 9 a.m. - 12 p.m.

CLASS STRUCTURE WITH INSTRUCTION.
M-F: FIRST 30 MIN IS CARDIO ONLY.

## **ADULT SCHEDULE (18 yrs+)**

M-TH: 6:45 - 8:30 p.m.

F: 6 - 8 p.m.

SAT: 9 a.m. - 12 p.m.

DROP-IN STYLE PROGRAM.
BOXING COACHES ON HAND, IF NEEDED.

\$50 (RESIDENT) OR \$75 (NON-RESIDENT)

FOR MORE INFORMATION, PLEASE CALL (562) 929-5566.